

## SOUPS AND PILAU

### CREAM OF CRAWFISH SOUP

2½ cups of cooked crawfish, 4 tablespoons of butter, 4 cups of milk, 1 pint of cream, 2 tablespoons of flour, salt and pepper to taste, sherry to taste.

Shred crawfish and add to milk. Place in double-boiler and cook over hot water for ½ hour. Remove from fire and add cream, butter, flour, salt and pepper which have been mixed in a paste. Add sherry before serving.

Serves six.

—Mrs. Anthony J. Drexel, III

### GROUND-NUT SOUP

1 teacup ground-nuts, 2 pints stock (from chicken), salt and pepper (some red), chicken, eggs, vegetables.

Roast and peel nuts, pound to smooth paste (or use peanut butter). Mix with stock and simmer for an hour or so. Cook chicken (whole), add to soup. When both are nearly done add seasoning to taste. Boil eggs hard, shell and add to soup (whole). Vegetables to be added may include yam, okra, tomatoes, onions, garden egg, etc. Serve very hot with boiled rice.

—Mrs. R. P. Dyer.

### GREEN TURTLE SOUP

2 lbs. green turtle meat, 3 cans bouillon, 4 cloves, 6 pepper corns, bay leaf, mace, thyme, cayenne pepper, sage, majoram, 2 tablespoons finely chopped onion, 3 tablespoons butter, 3 tablespoons flour, 4 tablespoons sherry, 1 lemon sliced. Wash turtle and separate it from green fat. Cut the fat in small pieces. Cook the turtle and the pieces of fat and herbs in 2 cans bouillon for one hour and a half. In another pot melt butter, add onion and slightly saute, then add flour and stir to thoroughly mix. Add 1 can bouillon and cook for five or six minutes. Meanwhile remove turtle from the other pan and cut it into small pieces. Then add it with the flour mixture, to the broth and cook another five minutes.

Before serving, add sherry and garnish with lemon slices.

—Mrs. William McP. Christie.

## BREADFRUIT SOUP

Peel 1 breadfruit and cut in coarse pieces, add 3 pints of cold water, let boil until it commences to thicken, then add 3 ozs. of cooked salt pork, 1 good size onion (chopped), a little white pepper and salt. Stir frequently until soup thickens, then stir in 1 pint of milk and 2 tablespoons of butter, strain and add 2 tablespoons sherry.

Let simmer until ready to serve, a little grated cheese on top if each serving may be added.  
—Lady Bancroft, M.B.E.

## CONCH AND OKRA SOUP

6 conchs, 1 dozen young okras, 1 onion, ½ cup thick tomato, 1 strip of bacon, black or red pepper, salt and Worcestershire sauce before serving if necessary.

Clean conchs. Beat until tender. Let them lie in lemon juice for 15 minutes. Place in skillet with 2 qts. water seasoned with salt, cover and let boil until quite tender.

In the meantime, fry bacon well, add tomato and fry until golden brown. Add sliced onion and okras cut into small pieces and stir all together. Allow this to cook for a time then turn into conch broth and stir. Add seasonings. Set aside to simmer gently.

Pieces of conch may be cut small and put into individual soup cups.  
—Mrs. D'Arcy Rutherford.

## SOUPE A LA BONNE FEMME

Finely mince the white of four medium-sized leeks. Put this into a stew pan with 1 oz. of butter, and stew gently for a quarter of an hour, then add 3 medium sized quartered potatoes cut into rounds the thickness of pennies. Moisten with 1 pint of white consommé. Add the necessary quantity of salt, and set to cook gently. When about to serve finish the soup with 1 pint of boiled milk, and 1½ ozs. of butter —Mrs. Arthur Vernay.

## CREAM CONCH SOUP

6 conchs, 1 large tin evaporated cream, 1 medium sized onion, 1 large tablespoon butter, 2 teaspoons cornstarch, pepper and salt to taste.



### TURTLE STEAK

Scald turtle and beat it a little with a rolling pin. Season with cayenne, and black pepper spice, dust a little flour on it, fry in hot fat (butter and lard). Onions may be used if liked. Serve with a wine sauce.

—Mrs. A. G. Macdonald

### BAKED CRABS

Boil about 12 crabs, then pick meat from shells and dress also using the fat.

2 cups grated bread crumbs, 2 onions cut fine, 2 tablespoons finely cut celery, 2 tablespoons can tomatoes, 1 or 2 eggs beaten, 1 tablespoon butter, salt, pepper and bit of thyme to taste.

Mix all together. Place in clean shell backs, bake in oven about ten minutes.

—Mrs. J. W. La

### TURTLE PIE

Steam turtle steak for half an hour in water, sufficient to make gravy, then fry a slice of salt pork, add two heaping tablespoons of flour and let brown together with sliced onion, tomatoes, thyme. Add this to water in which turtle has been boiled. Season with salt, pepper, spice, Worcestershire sauce. Have ready some rich pastry and make into a pie.

Turtle must be always highly seasoned.

—Mrs. A. G. Macdonald

### TURTLE RISsoles

Scald turtle steak and put through meat grinder, when done is done, add one large onion and some soda crackers. This should be put through the grinder the second time as it must be quite fine.

Season with salt, pepper, spice, Worcestershire sauce. Roll in flour and fry in hot fat. Some of these made small are nice put in turtle soup just before it is served.

Mrs. Ted Smith

### BOILED FISH AND HOMINY

(Favoured breakfast dish)

Side of small grouper; 1 egg; 1 medium sized onion; juice of 2 limes; 2 tablespoons butter; salt, red peppers.

Boil fish, and onion (sliced) until tender, in enough water to cover. Hard boil egg.

Make a sauce by mashing into a smooth paste the yolks of 2 eggs, and butter, slowly add 2 cups of hot water in which the fish has been cooked, add pieces of sliced white of egg—salt, lime and pepper—to taste. Just before serving place fish in medium deep dish then pour the sauce over all. Serve very hot with hominy (cooked medium soft).

Justina Hutelinson.

### LOBSTER A LA NEWBURG

2 or 3 freshly boiled lobsters, 1 oz. butter, salt and red pepper to taste. Cook in saucepan for five minutes. Then add 1 wine glass sherry, and cook 3 minutes. Take the yolks of 3 eggs, beat in a bowl with ½ pint cream (tinned cream will do), and add to the lobster. Gently cook for 2 minutes, or until it thickens.

—Mrs. Percy Armbrister.

### GROUPEr ROLL

1 cup of minced cooked grouper, ½ cup boiled rice. Season with butter, pepper, salt, onion and thyme. Then make a rich pie paste and roll out thin. Fill with the mixture and make into a roll. Sprinkle with bits of butter and let bake until brown. Serve hot with wine sauce. Grapefruit or lime juice will serve as a good substitute for wine.

—Mrs. Schott.

### KING FISH STEAKS

King Fish Steaks, Corn Meal, Salt and Pepper, Cooking Oil or Shortening, Lemons or Limes.

Season slices of King fish with salt and pepper, marinate in lemon or lime juice 10 minutes or longer before cooking time. Heat cooking oil or shortening in frying pan. Have fat about a ¼ inch deep in pan. Dip slices of fish in corn meal coating all sides. Place in hot fat cook to a golden brown on both sides. Place on hot platter, garnish with wedges of lime or lemon, and sprigs of parsley. Serve hot.

—Mrs. A. H. Grant.

### LOBSTER RISsoles

1 lobster (mince it fine), and grate fine the yolks of 2 hard boiled eggs, season with cayenne and salt, make a batter of milk, flour and eggs, 2 tablespoons of milk and 1 of flour to each egg, mix the lobster with it gradually until stiff enough to roll in balls, fry in butter.

—Mrs. Hubert Miller.



Clean conchs. Do not beat them. Lay for 15 minutes in lime or lemon juice. Then grind through meat grinder. Put into 2 qts. of salted boiling water. Cut onions in quarters and add. When conchs are tender, add cream and butter and a little more hot water if necessary. Season with pepper.

Mix cornstarch in little cold water, and stir slowly into boiling broth. Keep stirring until slightly creamy. Set aside and allow to boil again before serving, as it will become lumpy.

—Mrs. Trevor Kelly, M.B.E.

#### BAHAMIAN OKRA SOUP

3 doz. okras, 2 cups sliced raw potatoes, 1 onion, 2 cooking spoons tomatoes, or tomato paste, 1½ cooking spoons flour, 1 lb. mutton brisket boiled in salted water until ready to leave the bone, drippings.

Slice okras in thin rings and brown carefully in drippings together with chopped onion. Add tomato paste or tomatoes, and flour, continuing to brown.

Remove bones from mutton and cut meat into small pieces, adding with the liquid and sliced potatoes to the foregoing. (There should be about 1½ qts. of mutton broth or liquid.) Season to taste. Allow to simmer over a slow fire for three quarters of an hour or until potatoes are cooked and the soup of rather thick consistency.

Mrs. G. H. Raine.

#### OKRA SOUP

3 doz. okras, ¾ lb. salt pork, 1 lb. soup meat, 3 large tomatoes, 1 large onion, pepper and salt to taste. Cut up okra and herbs together, put in pork, steam all together, when all is well steamed put 2½ qts. of boiling water and let boil until thick enough for a good soup.

—Mrs. N. B. Burnside

#### TURTLE SOUP

Pour boiling water over stewing part of turtle so as to remove outer skin (using a knife). Put this, when prepared, in a soup kettle with a half-pound of salt pork, two large onions (sliced), tomatoes, thyme. Let simmer until half browned, then put enough water to cover turtle and boil until quite tender. Put in frying-pan a slice of salt pork, when the fat is all fried out,

add three heaping tablespoons of flour, which must be well browned; have ready two sliced onions, and three tomatoes, and when all is a dark brown add this to turtle. Season with salt, pepper, spice, cloves, mace, Worcestershire sauce, and good cooking sherry. Take fat from bones and cut in small pieces before serving.

—Mrs. A. G. Macture.

#### CONCH SOUP

¾ lb. salt pork, 4 good size conchs, ½ lb. mutton, 1½ table-spoons flour, 3 good size onions, 3 good size tomatoes, 1 doz. okras, 2 qts. water, salt and pepper to taste. Pound conchs until tender and let them soak in lime or lemon juice, while the water in which the mutton is comes to a boil. Add conchs, then cut pork into bits and fry until well browned, add sliced onions, tomatoes, okras. While vegetables are browning sprinkle them with the flour, a small bit at a time. When all are nicely browned, turn into the boiling pot and simmer slowly for at least an hour.

—Mrs. Robert Curry.

#### COCONUT SOUP

Cook 2 lbs. veal bones in 2 qts. cold water, until meat is tender and stock reduced to 1 qt. Grate the coconut, add 1 pt. cream. Put on to boil again, then thicken with 1 tablespoon corn-starch, 1 tablespoon butter, which must be blended or cooked, as for white sauce. Add salt and pepper. Just before serving add a little broth to 2 slightly beaten eggs, then stir it quickly into the broth and serve at once with dried dice of bread.

—Mrs. Harcourt Malcolm.

#### POTATO AND TOMATO SOUP

Four or five medium size potatoes peeled and cut up, four tomatoes cut up, put this into about 2 qts. of cold water, add a small piece of salt pork with some lean, a little onion, salt and black pepper to taste. Boil until the vegetables are quite soft and can all be put through a fine colander, then set it on to boil again slowly until required. When ready to serve, put a dessert-spoon of butter and about ¼ of a small tin of cream, or the same quantity of fresh milk if preferred, into the soup dish, remove the saucepan from the fire to stop boiling then pour on to the butter and cream and stir well before serving.

—Mrs. E. A. Miller.



## HOW TO MAKE TURTLE SOUP

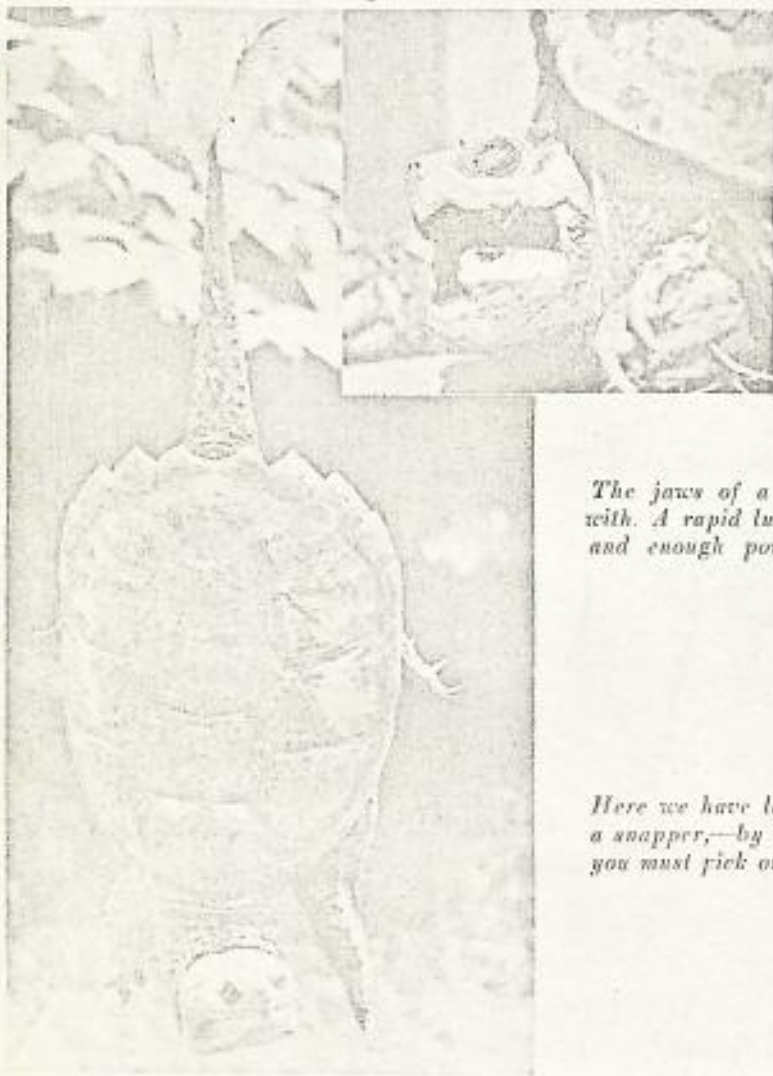
By HAROLD M. BABCOCK, M.D.

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*The Yankee epicure need not bow to the gastronomist of the South when it comes to turtle soup. A gentleman versed in turtle lore tells us how.*

I AM proud to be able to state that turtle stew and turtle soup, made from native specimens, can be produced in New England. It is not necessary to visit Baltimore in order to feast on Maryland terrapin, or to go to Phila-

delphia to enjoy the nationally famous dish which had its origin in that city. In fact one even need not dine at the Parker House in Boston (where the culinary art in turtles and terrapins reaches a high degree of perfection) to enjoy this delectable food.



Here in New England we use the unpopular snapping turtle. This turtle is believed by every ardent angler and duck hunter to be the enemy of young trout and ducklings. It is. But to the calmer mind, this reptile, because of its large size (sometimes reaching a total length of three feet over-all) is an important helpful factor in keeping our ponds and

*The jaws of a snapper are not to be trifled with. A rapid lunge, a quick snap of the jaws, and enough power is generated to amputate your finger.*

*Photo by Isabel Hooper.*

*Here we have lesson number one: how to hold a snapper,—by the tip of its tail, of course. If you must pick one up, this is the only safe way.*

*Photo by Henry B. Ross.*

streams clean, for it is primarily a scavenger.

Some years ago I had the pleasure of week-ending on various occasions with the late Henry J. Thayer at his camp on Gunner's Exchange Pond in Plymouth, Massachusetts. Mr. Thayer had interests in cranberry bogs in that region and supervised necessary activities during the summer months from this camp. He was an intelligent student of natural history and contributed much information regarding the red-bellied terrapin which is found in the Plymouth ponds, and nowhere else in New England.

Several times when I was his guest, he had procured a large snapping turtle, and for Sunday dinner we had turtle soup and turtle stew.

These dishes were prepared in the following manner:

First the turtle was decapitated. In most of our New England species, this would have been a difficult operation, because when handled, turtles generally withdraw their heads into their shells. But the snapping turtle is different. In the first place, it cannot retract its head into its shell, and in the second place, owing to its pugnacious disposition when handled, it wouldn't if it could, and the head is therefore extended to the fullest extent in the hope of biting its tormentor.

The entire carcass is immediately thrown into a pot of boiling water where it remains for two hours. By the end of that time the shell is entirely disintegrated and the chunks of meat can be lifted out. These are placed in a fresh pot of water to which is added salt, onions, red peppers and other condiments (the more the better) and boiled for two hours more. The stew is then ready to serve.

For turtle soup, the concoction is boiled an hour longer, strained, and to it is added an equal amount of sherry, also sage.

These dinners at Gunner's Exchange Pond were delightful, and when, sometime later, I happened to be in possession of a large snapping turtle, I offered to reproduce this treat to my family at home. It was a mistake.

Such a demonstration, if any of the readers of this account wish to attempt it, should be made when the "lady of the house" is either away on a visit, or suffering from some ailment which renders the organs of smell temporarily inactive.

While I still remember those snapping turtle dinners in Plymouth with much pleasure, I admit they should be prepared out-of-doors and with a moderate off-shore breeze blowing.



**CULINARY**  
**DELIGHTS** *from the*  
**SEYCHELLES**

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Published under the patronage of the Ministry of Education and Information

EDITIONS DELROISSE



« *byen manze kreol* »

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124

recipes from the Seychelles  
collected, edited and created by  
Ulric DENIS

and

Gratien  
ELISABETH

William  
WOODCOCK

Emmanuel  
CHANG-TIME

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Photographs  
Christian BOSSU-PICAT

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## PREFACE

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*It may be somewhat daring of us to entitle this book "Culinary Delights from the Seychelles". However, if it proves to be useful to our readers, let me be the first to offer my warmest and heartiest congratulations to our team for its enthusiasm and efforts.*

*Our ultimate objective is to introduce you to, and enable you to taste and enjoy with us, a cuisine which is both refined and exotic, and which could only have been created by a heterogeneous people during the two centuries of its history.*

*Indeed, in the course of these ten chapters which contain 124 recipes, our aim is to enable our overseas guests to discover, and our Seychellois readers to rediscover, a number of traditional specialities. However, we are including also a few recipes of our own, in the hope of regenerating a culinary art in which innovation has not always played the part it deserves. The various products of our warm seas and the fruit and vegetables which grow in our latitudes are too often little known and used. After a great deal of research and numerous experiments, we are convinced that some new features could and should be included in the list of Seychelles recipes.*

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PREFACE

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*Our friends and visitors are always happy to discover and sample our cuisine. After all, holidays are for having a change of scenery and getting away from it all. Let this first attempt at presenting the Seychellois "byen manze kreol" bring about a renaissance of our cooking. We do not claim to have dealt with our entire traditional culinary heritage, our knowledge of which is extensive. We have had to begin modestly and this book is the result of our humble efforts which we are proud to offer you.*

*I would like here to express my deepest thanks to all those people who have contributed in one way or another to the production of "Culinary Delights from the Seychelles", the art of "byen manze kreol". In particular I would like to thank the ENTHIS team which contributed to this book in an exemplary manner under the direction of its leader Mr Ulric Denis.*

*This book would not have seen the light of day if the Ministry of Education and Information had not provided us with the funds necessary for its publication. On behalf of the entire team I express to them my heartfelt thanks. This volume is dedicated to those who love our country. Many have written about its unique natural beauty. Some have praised its people. It remains for me to say: taste the very quintessence of the Seychelles!*

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*Maryse EICHLER de SAINT JORRE  
Principal  
Seychelles National  
Tourism and Hotel School*

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## TURTLE STEAK

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MAIN INGREDIENTS	turtle (red meat)	1 kg 600 (net)
SEASONING	onions	100 gr
	garlic	20 gr
	ginger	10 gr
	limes	2
	oil	2 dl
	salt, pepper and thyme to taste	
GARNISHINGS	parsley	20 gr

### 1. PREPARE THE TURTLE AND THE VEGETABLES AND SPICES

- cut the turtle into steaks of about 100 gr and set aside
- peel and wash the onions, garlic and ginger
- wash the sprigs of parsley and set aside
- chop up the onions and grind the garlic and ginger
- squeeze the two limes and set the juice aside

### 2. PREPARE THE MARINADE

- put the turtle steaks to marinate in a baking dish with the garlic, ginger, lime juice, pepper, oil and thyme for about half an hour

### 3. COOK THE STEAKS

- remove the steaks from the marinade
- season with a little salt
- cook in a very hot frying pan (brisk heat)

N.B. It is recommended that the steak be served well-done

### 4. SERVE

- arrange the turtle steaks (two per person) on a serving dish
- decorate with sprigs of parsley
- serve immediately

NOTE: This dish can be accompanied by sweet potato puree and tomato chutney (see chapter on "Starchy food" page 134 and "Vegetables, Salads and Chutneys" on page 141).

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## TURTLE FRICASSEE A LA SEYCHELLOISE

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MAIN INGREDIENTS	turtle (mixed meat)	1 kg 600
SEASONING	onions	100 gr
	oil	1 dl
	fresh tomatoes	100 gr
	garlic	20 gr
	ginger	10 gr
	salt, ground pepper and thyme to taste	
GARNISHING	parsley	20 gr

#### 1. PREPARE THE TURTLE AND VEGETABLES AND BRICES

- wash the meat and cut it into 1/2 inch cubes
- peel and wash the onions, garlic and ginger
- slice the onions and grind the garlic and ginger
- wash and slice the fresh tomatoes
- wash and chop the parsley

#### 2. MAKE THE FRICASSEE

- heat the oil in a saucepan
- brown the pieces of turtle
- remove from the saucepan and set aside
- lightly fry the onions and slices of tomato with a little oil in another saucepan
- add the pieces of turtle
- add a little water
- add the garlic, ginger and thyme
- season with salt and pepper
- cover and cook for 30 to 35 minutes
- when cooked, adjust seasoning
- keep warm

#### 3. SERVE

- serve the turtle fricassée in a vegetable dish
- sprinkle with the chopped parsley

NOTE: This dish can be accompanied by creole rice, see page 53.

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### TURTLE KEBABS WITH SAFFRON RICE

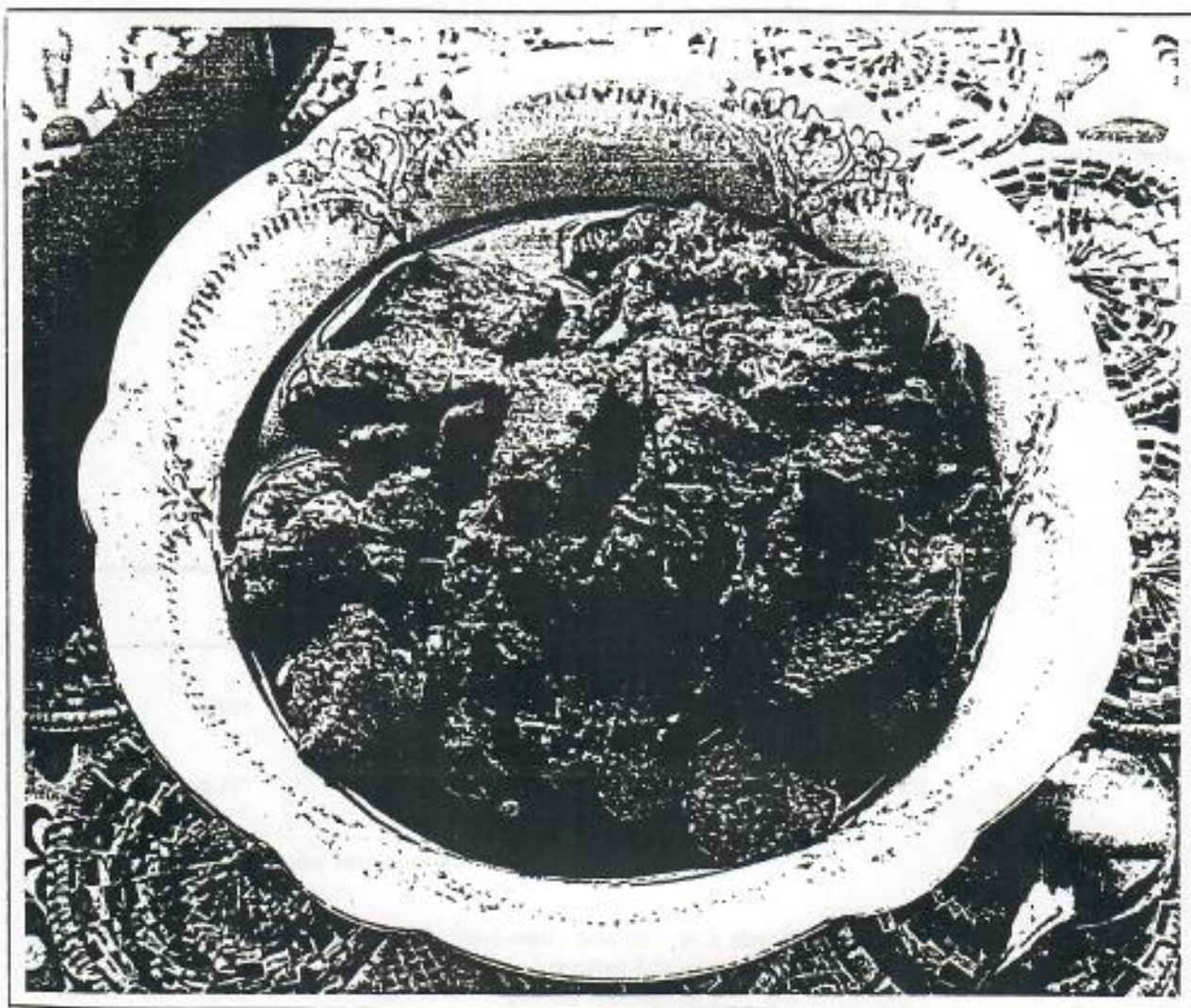
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MAIN INGREDIENTS	turtle (red meat)	1 kg 600
	oil	1 dl
VEGETABLES	onions	300 gr
	fresh tomatoes	400 gr
	green peppers	300 gr
MARINADE INGREDIENTS	garlic	20 gr
	ginger	10 gr
	limes	2
	oil	5 dl
	pepper and thyme to taste	
ROUGAILLE SAUCE INGREDIENTS	onions	100 gr
	fresh tomatoes	100 gr
	tomato puree	25 gr
	garlic	10 gr
	ginger	5 gr
	oil	1 dl
	salt, ground pepper and thyme to taste	
SAFFRON RICE INGREDIENTS	rice	400 gr
	turmeric	30 gr
	salt and pepper to taste	
GARNISHING	parsley	20 gr
	limes	6

#### 1. PREPARE THE TURTLE

- wash the meat and cut it into one inch cubes; set it aside





*Turtle (see page 88)*

**2. PREPARE THE VEGETABLES FOR THE KEBABS**

- peel and wash the onions and cut them into quarters
- wash the tomatoes and cut into quarters
- wash the peppers and cut them in half lengthwise
- remove the seeds and cut the peppers into quarters
- put the peppers and the onion quarters separately in boiling water
- cool with cold water and set aside

**3. PREPARE THE VEGETABLES AND SPICES**

- peel and wash the onions, garlic and ginger
- wash and slice the fresh tomatoes
- slice the onions and grind the oil and ginger
- wash and chop the parsley
- squeeze two limes and set the juice aside
- serrate the four limes and set them aside

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MADAME PRUNIER'S  
" FISH COOKERY BOOK

*Selected, Translated and Edited, with an  
Introduction and Notes, from Les Poissons,  
Coquillages, Crustacés et leur Préparation  
Culinaire par Michel Bouzy*

BY

AMBROSE HEATH

ADAPTED FOR AMERICA BY

CROSBY GAIGE

WITH A SPECIAL FOREWORD BY  
MADAME S. B. PRUNIER

292pp.

DECORATIONS BY

MATHURIN MEHEUT

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*Coquilles Saint-Jacques à la Nantaise.*—Cut the white part in rounds, and poach them with the red part with a little white wine. Arrange them on the serving-dish, surround them with slices of cooked mushrooms, cover them with a fine *Vin blanc* Sauce (page 37), and brown lightly.

*Coquilles Saint-Jacques Newburg.*—Toss the white and the red parts in butter, add enough Sherry to cover them, and cook for ten minutes. Arrange them in a timbale, and add a few spoonfuls of cream. Reduce the sauce and bind it with a little Béchamel Sauce, finish with Lobster Butter, and pour over the scallops in the timbale.

*Coquilles Saint-Jacques à la Poulette.*—Poach the scallops, white and red parts, with mushroom cooking liquor (page 20) and white wine. Drain them. Reduce the cooking liquor and add the necessary amount of Fish Velouté. Bind with yolks of egg and cream, butter lightly, and add a few drops of lemon juice. Mix the scallops with this sauce, and serve them in a timbale sprinkled with chopped parsley.

*Coquilles Saint-Jacques Prunier.*—Poach the white and red parts with white wine and a *bouquet garni*. Reduce the cooking liquor, add the proper amount of Fish Velouté, bind with egg-yolks, and thicken with butter. Cover the bottoms of the shells with some of this sauce, add the white parts cut in slices and the red parts minced up with some cooked mushrooms, cover with more sauce, and brown lightly.

*Coquilles Saint-Jacques Provençale.*—Fry the white part of the scallops in butter and olive-oil. Slice up a few *cèpes*, or mushrooms, season them, and add them with shallots and garlic. Add also some breadcrumbs and chopped parsley. Serve very hot.

#### SHRIMPS (*CREVETTES GRISES*)

See PRAWNS (page 232)

## Chapter IX

### *Turtle—Frogs—Snails*

It is unlikely that most of us will ever have to deal with a turtle, or even to cook frogs or snails. But in case we do, here are the ways to prepare them. Frogs' legs are delicious fare, something like very tiny chicken, and we shall help to remove a long-standing and popular reproach that the French eat nothing but frogs, if we come to like them ourselves! As for snails, they have to be eaten to be believed, and to those who like them they are as ambrosia.

#### TURTLE (TORTUE)

It is not very likely that private houses or indeed many establishments will ever want, or be in a position, to make turtle soup, but for the curious, here are details of the way to make it. They are taken, with acknowledgments, from *Escoffier's Guide to Modern Cookery*.

#### *Potage de Tortue clair* (Turtle Soup)—

*The Slaughtering of the Turtle.*—For soup, take a turtle weighing from 120 to 180 pounds, and let it be very fleshy and full of life. To slaughter it, lay it on its back on a table, with its head hanging over the side. By means of a double butcher's hook, one spike of which is thrust into the turtle's lower jaw, while the other suspends an adequately heavy weight, make the animal hold its head back; then, with all possible despatch, sever the head from the body. Now immediately hang the body over a



receptacle that the blood may be collected, and leave it thus for one and a half to two hours.

Then follows the dismemberment. To begin with, thrust a strong knife between the carapace or upper shell and the plastron or lower shell, exactly where the two meet, and separate the one from the other. The turtle being on its back, cut all the adhering flesh from the plastron and put the latter aside. Now cut off the flippers; remove the intestines, which throw away, and carefully collect all the green fat. Whereupon cut away the flesh adhering to the carapace; once more remove all fat, and keep both in reserve.

*The Treatment of the Carapace, the Plastron and the Flippers.*—The carapace and the plastron, which are the outside bony framework of the turtle, constitute the only portions wherefrom the gelatinous flesh, used as the garnish of the soup, are obtained. Saw the carapace into six or eight pieces, and the plastron into four. Put these pieces with the flippers into boiling water or into steam, to blanch. Withdraw the flippers as soon as they are sufficiently stiff for their skin to be removed, and leave the pieces of carapace and plastron to blanch for five minutes, in order that they may admit of being scraped. Now cool the pieces of carapace and plastron and the flippers, and put them into a stewpan containing enough water to abundantly cover them. Set to boil, garnish with vegetables, as in the case of an ordinary broth, and add a small quantity of turtle herbs (see below). Five or six hours should be allowed for the cooking of the carapace and plastron, but the flippers, which are put to further uses in other culinary preparations, should be withdrawn at the end of five hours. When the pieces are taken from the cooking liquor, remove

all the flesh from the bones, and cool the former ; then trim it carefully, and cut it into little squares of one and a half inches wide. It is these squares, together with the green fat, poached in salted water and sliced, which constitute the garnish of the soup.

*The Preparation of Turtle Soup.*—There are two modes of procedure, though their respective results are almost identical.

(1) Make a broth of the flesh of the turtle alone, and then add a very gelatinous beef consommé to it, in pursuance of the method employed when the turtle soup is bought ready-made. This procedure is practically the best, more particularly if the soup has to be kept some time.

(2) Make an ordinary broth of shin of beef, using the same quantity of the latter as of turtle. Also include half a calf's foot, and one half-pound of calf's shin per three pounds of the beef. Add the flesh of the turtle, or, in the event of its being thought necessary to clarify—which operation I do not in the least advise—reserve it for that purpose. The condiments and aromatics being the same for both methods, I shall now describe the procedure for Method No. 1.

*The Ingredients of the Soup.*—Put into a stewpan of convenient size the flesh of the turtle, and its head and bones. Moisten partly with the cooking liquor of the carapace, and complete the moistening, in the case of a turtle weighing 120 pounds, with enough water to bring the whole to 50 quarts. By this means a soup of about thirty to thirty-five quarts will be obtained at the end of the operation. Add salt in the proportion of one ounce to every five quarts, set to boil, skim, and garnish with twelve carrots, a bunch of leeks (about ten bound with a head



of celery), one pound of parsley stalks, eight onions with ten cloves stuck into them, two pounds of shallots, and one head of garlic. Set to boil gently for eight hours. An hour before straining the soup, add to the garnish four strips of lemon-peel, a bunch of herbs for turtle, comprising sweet basil, sweet marjoram, sage, rosemary, savory and thyme, and a bag containing four ounces of coriander and two ounces of peppercorns. Finally, strain the soup through a napkin, add the pieces of flesh from the carapace and plastron which were put aside for the garnish, and keep it until wanted in specially made sandstone jars.

*The Serving of the Soup.*—When about to serve this soup, heat it, test and rectify its seasoning, and finish it off by means of a Port wine-glass of very old Madeira for every quart. Very often a milk punch is served with turtle soup, the recipe being :

*Milk Punch.*—Prepare a syrup from half a pint of water and three and a half ounces of sugar, the consistence being 17 (Baumé's Hydrometer). Set to infuse in this syrup two orange and two lemon zests (that is, the coloured part only of the peel). Strain at the end of ten minutes, and add half a pint of rum, a fifth of a pint of Kirsch, two-thirds of a pint of milk, and the juice of three oranges and three lemons. Mix thoroughly. Let it stand for three hours ; filter and serve cold.

*Potage Tortue lié* (Thick Turtle Soup).—This soup is the same as that described above, save that it is thickened either with three ounces of golden rouse (*rouce blond*) or with an ounce of arrowroot mixed with a little cold consommé for every quart of the soup.

*Potage à la Tortue avec de Conserve* (Preserved Turtle

Soup).—When this is of a good brand, it only needs double its quantity of very strong consommé to make the soup. Seasoning should be corrected, and the final touch of old Madeira added in the proportion and manner given above.

*Potage à la Tortue sèche* (Dried Turtle Soup).—For the preparation of this soup, the dried turtle must be soaked in cold water for at least twenty-four hours. It is cooked in the same way as the carapace and plastron described above. Once cooked, it is treated in exactly the same manner as fresh turtle. The cooking liquor serves to moisten the meat with which the special consommé is made, very rich and gelatinous, and to which is added, at the last minute, the flesh cut in dice and the old Madeira.

*Potage à la Tortue verte de Conserve* (Green Turtle Soup).—Put in a little stewpan a very small chicken, first lightly coloured in the oven, half a pound of knuckle of veal cut in rounds, a small onion stuck with half a clove, half a parsley root, half an ounce of mushroom peelings, and a bouquet composed of a leek, a small stick of celery, a small piece of thyme and bayleaf, a touch of mace, and a little basil and marjoram. Moisten with two quarts of ordinary consommé, bring to the boil, and cook gently for two hours. Then strain it through a cloth, add to it half an ounce of arrowroot or potato flour mixed with a little cold consommé, mix quickly with the whisk, season with as much salt as you need, and let it boil gently, skimming it, for a quarter of an hour. Warm in the *bain-marie* enough green turtle to make a pint and three-quarters, drain the pieces, cut them into squares with inch sides, and add them to the soup. Finally season this with a touch of cayenne, and finish it, at the last minute, with a



touch of Worcestershire Sauce and four tablespoonfuls of Sherry.

#### TERRAPIN (*TORTUE TERRAPINE*)

Here, again, is an animal which the ordinary housewife is unlikely to see alive. But this, nevertheless, is how they are served in America.

*To Cook the Terrapin.*—Plunge the terrapins into boiling water, let them cook for fifty minutes, then plunge them into cold water. Put them now on their backs, remove the intestines, heart and lungs, and skin the legs, removing the claws. Cut up the flesh in pieces, season it with salt and pepper, put it into a stewpan with just enough water to cover the pieces, and let them cook gently for an hour. Then turn them out, and keep them in a cool place until wanted.

*Terrapine Club.*—Two cooked terrapines, two tablespoonfuls of butter, a cup of cream, a teaspoonful of salt, three yolks of eggs, and a glass of Sherry. Toss the prepared terrapins in the butter, having first drained them well. Add the cream, let it boil and reduce a little, then add, stirring, the beaten egg-yolks, and lastly the Sherry.

*Terrapine Maryland.*—Two cooked terrapins, two tablespoonfuls of Madeira, half a teaspoonful of salt, one tablespoonful of butter, a cup of cream, two truffles, two egg-yolks, a touch of cayenne. Toss the well-drained terrapin flesh in the butter, and add salt, cayenne, truffles and Madeira. Mix the cream with the beaten yolks of eggs, mix it gently with the other ingredients in the pan, and heat up without allowing to come to the boil.

SNAILS (*ESCARGOTS*)

(Snails are in season from November to March)

*Escargots dite de Bourgogne*.—Brush the snails in several waters, and remove the chalky partition which closes them. Put them to scour, on the day before they are wanted, in a little water salted with two handfuls of coarse salt for every hundred snails. The next day wash them well again in plenty of water to remove the slime, put them into a stew-pan, cover them with plenty of water, and boil them for eight minutes. Drain them, plunge them into cold water, and put them back into the pan with white wine, salt, pepper, a large *bouquet garni*, an onion stuck with four cloves, a head of garlic and a glass of old brandy. Cook gently for three to three and a half hours, according to the size of the snails. Let them get cold in the cooking liquor. Then drain them, take them out of their shells, and remove from each the black end. Put them back in their shells, which you will meanwhile have washed, drained and dried, and finish by filling up the shells with Snail Butter (*Beurre d'Escargots*), which you will find on page 226. To serve them, arrange them on a baking-dish, and put them in the oven for a few minutes before they are wanted. Serve very hot.

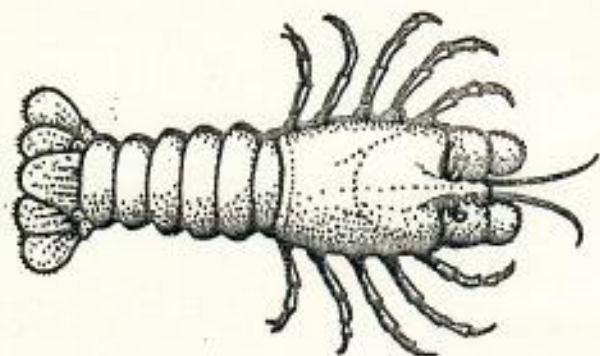
(NOTE.—Recognising the difficulties which snail-lovers may encounter in the initial preparation of their favourites, Prunier's can supply them ready-stuffed in their shells. They have then only to be heated up before serving.)

*Escargots Petits Gris au vin rouge*.—Scour and blanch the snails as described above. When they have been plunged into cold water, take them out of the shells, wash them in



# *The Edible Sea*

Paul J. and Mavis A. Hill



1975

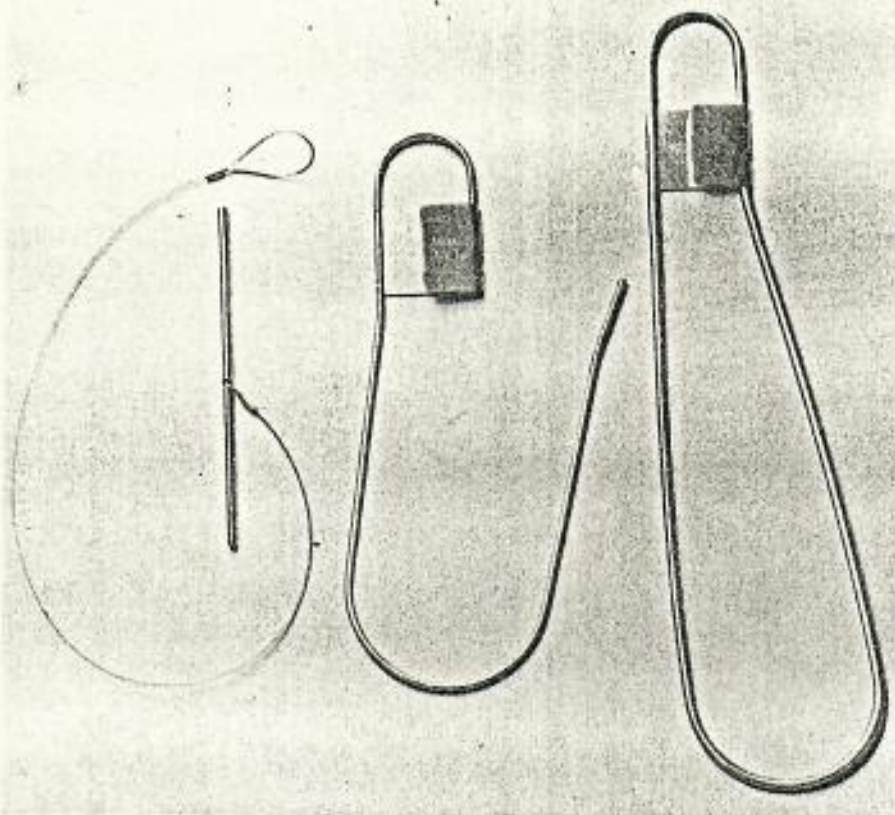


*South Brunswick and New York: A. S. Barnes and Company*  
*London: Thomas Yoseloff Ltd 276pp.*

A.S. Barnes and Co.  
Cranbury, N.J. 08512

Thomas Yoseloff Ltd.  
108 New Bond St.  
London W1Y 09X  
ENGLAND





*Various types of fish stringers.* COURTESY AQUA-CRAFT, INC., SAN DIEGO CALIFORNIA.

should be twelve to fifteen feet of stainless-steel cable with a six-foot rope attached. A loop at one end permits a diver to hold on and ride the fish.

Use a fish stringer to hold your catch, and a diver's flag and float if boats frequent the diving area. Carry a diver's knife to cut line if ever necessary and sometimes to help remove spearheads. Use a compass and depth gauge to help you navigate to productive areas. Use gloves to prevent injury to your hands. Wear a vest or buoyancy compensator for efficiency on the bottom and safety on the surface. Most professional dive stores have the equipment described here and will be happy to explain any terms you don't understand.

*Marine Reptiles and Mammals*

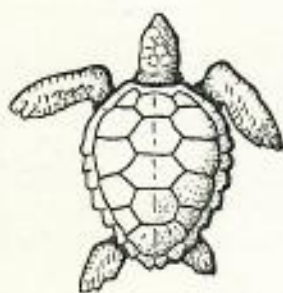
The only three representatives of the class Reptilia in our marine environment are the sea turtles, sea snakes, and marine iguanas—unless the reader would care to speculate on the edibility of various mythical “sea monsters” (all of which seem to take the form of overgrown sea



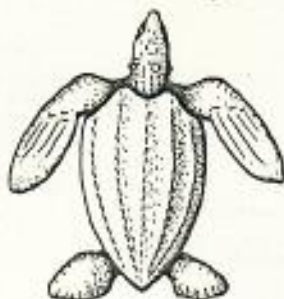
serpents. If you find one, it will serve a real crowd, utilizing our Serpent Supreme recipe!).

### *Turtles*

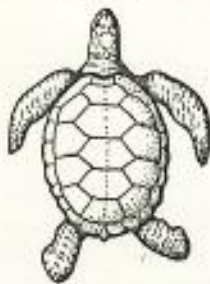
The green, loggerhead, and hawksbill turtles are all good food turtles. The green turtle, however, is the one most well known and revered for its value in this regard. This is the one whose flesh is so highly esteemed for use in turtle soups, stews, and steaks, and we have found it makes excellent "turtleburgers." Turtles are an important food source but are now in danger of extinction due to poaching for both meat and eggs. Conservation in this respect is very important to the future of this beautiful animal. The green turtle (a threatened species) gets its name from the green-tinged fat under its shell, and this fat should be separated from the meat since it sometimes gives a disagreeable "soapy" taste to the meat. The hawksbill turtle is the source of popular tortoise shell and it is not as important a food source as the green turtle. The flesh is less acceptable to the palate, often having a very fishy flavor. It is also sometimes poisonous. The hawksbill eats jellyfish and the Portuguese man-of-war.



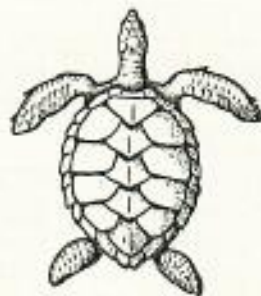
LOGGERHEAD



LEATHERBACK



GREEN TURTLE



HAWKSBILL TURTLE

- \* Turtles in the waters of Japan, India; New Guinea, the Philippines, and Tahiti may be extremely poisonous, and turtle liver is especially dangerous. The very edible green sea turtle, the rare leatherback turtle, and the hawksbill turtle have been reported as poisonous to eat in the aforementioned areas of the world. When in doubt, check with knowledgeable local inhabitants.

Most sea turtle meat resembles veal in flavor and needs ample seasoning to be at its best. Freezing must be done with care to preclude a dry, tasteless product when you are ready to use it. Don't overlook the cartilage between the upper and lower shells when cleaning the turtle; this "calipec" is the ingredient that gives your turtle soup its beautiful clear appearance and its slightly sticky quality, which indicates a genuine gourmet broth.

#### Cleaning Turtles

Sea turtles are cleaned by cutting apart the top and bottom (carapace and plastron) shells with the turtle on its back, then removing the entrails. Remove the eggs, if your turtle is a female, and save these for a delicious addition to your stew. Remove the cartilage (calipec) from the plastron and meat and be sure to get the meat from the flippers; something the layman often misses. Cartilage is also found in the space around the edge of the carapace. Cartilage from this top shell is called the *calipash*.

#### Turtle Dishes

Turtle-meat is made into steaks, creamed dishes, soups, fondues, and also for "turtleburgers." Any of these dishes (except steaks and burgers) are improved greatly by utilizing the cartilage of the animal along with the meat. In the case of clear turtle broth, the cartilage, or calipec, is sometimes used exclusively, omitting the meat altogether. When all is said and done, turtle meat is used very much the way you would use beef.

### CLEAR TURTLE BROTH

To make calipec stock for Clear Turtle Broth, bring 1½ quarts of water to boil. Add 1 teaspoon salt, ¼ cup calipec, and 5 peppercorns. Simmer 30 minutes. If liquid has boiled down below 4 cups in volume, add water to bring it back up to a quart and simmer 5 minutes more. To make the broth, bring the calipec stock to a boil. Add 1½ pounds turtle meat, 1 tablespoon dried tarragon leaves, salt and pepper to taste, and ½-cup minced onion. Simmer 30 minutes, add ¾-cup dry white wine, and cook 5 minutes more.



## CAYMAN TURTLE STEAK À LA THELMA WELCOME

Thelma Welcome is a native of Grand Cayman and fed us some of the best turtle dishes we have ever tasted while we were visiting the Caribbean.

*You Will Need*

Turtle meat cut into 6 steaks	1 tablespoon chopped onion
Vinegar	1 cup Bordeaux
Flour	Salt and pepper
2 eggs beaten	Nutmeg
Breadcrumbs	Beef stock
Butter	½ cup sherry
	Sliced mushrooms

Rub the steaks with a damp cloth dipped in the vinegar. Dip each steak into seasoned flour, then in beaten egg, and finally in the bread crumbs, coating each steak well. Heat ¼ cup butter and stir in 1 tablespoon finely chopped onion. Cook steaks in this to a delicate brown on both sides. Pour over 1 cup Bordeaux, season with salt, pepper, and a dash of nutmeg. Now cover and let simmer 15 to 20 minutes. Remove the steaks to a hot platter.

Reduce sauce over a hot flame to almost nothing and stir in ½ cup rich beef stock, ½ cup sherry wine, and 1 cup thinly sliced mushrooms. Taste for seasoning, then pour a little sauce over each steak. Serve the rest of the sauce in a sauceboat. Garnish with watercress if desired.

## CARIBBEAN GREEN TURTLE STEW

(Courtesy of Mariculture Ltd., Grand Cayman)

<i>You Will Need</i>	10 cloves
2 pounds turtle meat	2 springs thyme
1 teaspoon salt	6 peppercorns
1 onion	3 tablespoons cooking oil
1 glass sherry or white wine	Juice of 1 lime
2 tomatoes	

## Parsley

Wash the turtle meat with some lime juice, then sprinkle the lime juice over it and season with salt. Add sliced tomatoes and onion, cloves, thyme, parsley, peppercorns, and wine. Let stand for 15 minutes. Heat the oil and brown the meat; cover and allow to cook slowly for 45 minutes. Add all the seasonings and simmer until the turtle is tender. Add more onion if you wish. Serves 4.

*Sea Snakes*

True to their ancient and, to westerners at least, unique cuisine cul-



*Frankie Hebert gingerly carries a sea snake in the South Pacific.* COURTESY STAN KEISER.

ture, Japan consumes great quantities of sea snake meat. The meat of these reptiles is actually very nourishing and is as tasty as veal or chicken when prepared properly. Though the sea snake has an extremely poisonous bite, there is great variance in opinion as to how dangerous they actually are to human beings. There probably is a great deal of varia-



tion also in the toxicity of the venom from one species to another. Sea snakes are very shy cowards, to boot, so that reported bites from these tropical creatures are very rare. There is no antidote for the sea snake bite, nevertheless, and his poison is reported to be ten times more potent than the king cobra, so caution is certainly in order when hunting these small delicacies. They are numerous around Taiwan. These snakes can stay submerged for eight hours on one breath of air. They boast fifty-one species in the Pacific.

Sea snakes are hunted for their skins also, from which a good leather is made. Others are bottled and sold as an aphrodisiac and as a cure-all medicine. In Japan and Ryukyu Islands, sea snake is smoked and eaten as a delicacy.

To prepare a sea snake for cooking, first skin it by cutting the skin around the back of the head and pulling the skin down over the tail. A pair of pliers will help hold the skin. Clean out the viscera and cut the meat into six-inch long strips. The meat can then be utilized in any eel recipe. The Sea Snake Sandwich, however, is our favorite:

### SEA SNAKE SANDWICH

Brown the snake meat in clarified butter, seasoning it with salt and pepper. Pour over a little claret wine and braise until the meat is tender. Slip out the bones (this can be tedious) and make sandwiches with very fresh white bread that has been buttered with dairy butter.

### SERPENT SUPREME

#### *You Will Need*

- 2 sea snakes, about 2 feet long, cleaned
- Flour, salt, pepper, mixed
- Clarified butter
- ½ cup red wine
- 4 small onions, sliced
- ½ pound fresh mushrooms, sliced
- 1 lemon
- Butter
- Cayenne powder
- Parsley

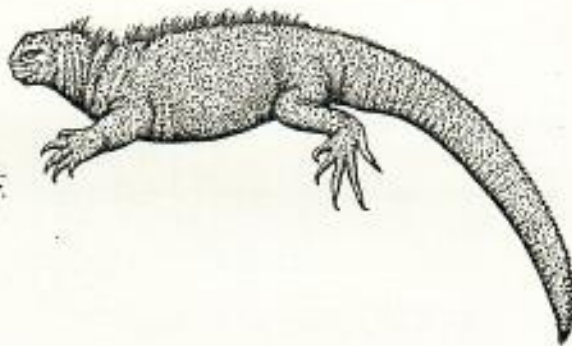
Coat snake strips with flour mixture. Brown in clarified butter. Pour over the red wine and let simmer.

While the meat is cooking, brown onions in another pan, then add a little more wine. Braise until the wine cooks away. Pour onions in with the meat and add sliced mushrooms and more butter. Cut the lemon in

quarters and squeeze the juice over the dish, dripping the juice around in circles. This cuts the butter and keeps the dish from becoming too rich. Sprinkle with a little cayenne and parsley. Serve with cooked white rice.

### *Marine Iguanas*

The perpetually grinning marine iguana must carry this smile because he hides the secret of delicious meat under his tough, gnarled, ugly outer covering. All of tropical America prizes this delicate, tasty meat but the only place you'll find a live marine iguana in his natural habitat is on the rocks or in the waters of the Galapagos Islands or at Lake Nicaragua in South America. Iguanas are harmless friendly animals, somewhat oblivious to the fact that man could, in time, decimate their species. The land iguana is often kept as a pet in areas of its natural habitat. Be *sure* to check local laws with authorities before taking marine iguanas.



*Marine iguana.*

### Cleaning Iguana

This lone representative of a marine lizard is cleaned by first skinning the animal, then removing the insides. Save the yellowish eggs, the liver, and the heart. Now with a sharp knife, cut the body in half by cutting along the back bone. Cut off the legs and cut each half of the body meat into three parts.

## IGUANA AND RICE

Iguana and Rice is a stew-type dish, and by the time this dish is put together, the iguana's grin will have faded, but when you taste the finished concoction, your smile will have replaced his twofold!

Use one iguana and clean as above, cutting the meat into two-inch



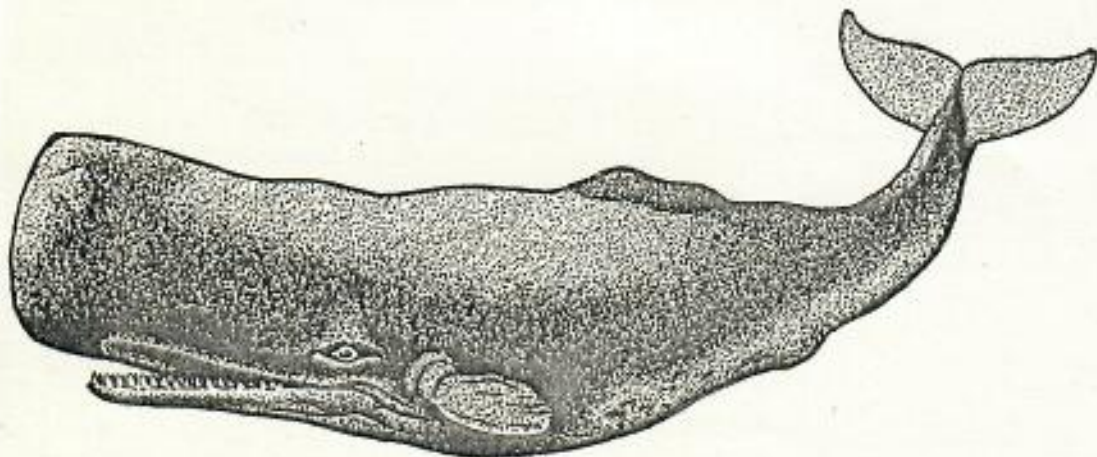
pieces. Brown the meat in coconut oil over a low fire. Pour water over to cover, then add some chili piquant and three mashed garlic cloves. In another pan, boil any iguana eggs (unshelled) you have in very salty water along with a chili pod for 30 minutes. Drain the eggs and add, shell and all, to the meat. Dice the liver, heart, and any yellow eggs without shells that you have found in the iguana and add these to the dish. Cook until the liquid is almost gone. In a warm bowl, mix 2 cups hot, cooked rice with one #1 can of heated kidney beans. Pour iguana liquid over the rice and beans, then heap the stew on top and serve with garlic bread and a cool salad.

### *Mammals of the Sea*

There are three orders of the Mammalia class that live partly or wholly in the sea. These are the Cetaceans (whales and narwhal, dolphins and porpoises), the Sirenias (sea cows, manatees, dugongs), and the Carnivores (sea otters, seals and sea lions, and walruses.) All are edible. (Whether the mermaid is a mammal or a viviparous fish, or even edible, is a moot question, so we'll leave her—and King Neptune—out of this!)

Almost all mammals of the sea have felt the heavy hand of man, who, since the dawn of his race, has hunted them for their flesh, fur, and oil.

Most whales are on the endangered list. Whale meat is very good and no animal has been more remorselessly slaughtered by man. Almost every square inch of the whale is utilized for various products. In Japan, Russia, Norway, and other Scandinavian countries whale meat is a staple food item. The narwhal of the Arctic seas is still hunted by Eskimos for its meat, oil, hide, and ivory. Porpoises are eaten by Indians living on



*Sperm whale.*



coasts of North and South America. In Normandy there was once an important porpoise fishery. The meat was eaten and the blubber rendered into oil for lighting. Porpoise flesh was considered a very royal dish in medieval England.

Two families of the sea cow (manatee or dugong) are known for their delicious meat containing high quality protein. They are also sought for their fine oil. Since mammals are protected in the United States, the numbers of manatees in Florida and the Gulf Coast have not changed in the last fifty years. The Florida manatee is an endangered species.

The Chinese hunt the sea lion and boil the blubber for oil, also render the bladder and bones for glue, process the reproductive organs for rejuvenating medicine, and even use the whiskers to make adornments for bridal costumes. Eskimos traditionally hunted the walrus for its meat and fat and made tools from the ivory tusks. This huge animal was once very abundant throughout the cold Arctic but was relentlessly pursued by hunters for its hide, oil, and its two-foot-long tusks.

The only mammal of the sea that seems to have escaped the exploitation of man is the dolphin. It is closely related to the valuable sperm whale and is undoubtedly edible and potentially valuable, but since ancient times, dolphins have been revered as almost sacred creatures because of their friendliness toward man. Sailors hold them in high esteem to this day and scientists are constantly studying the brain of this animal as well as its means of communication. No other creature has better or faster reflexes than the dolphin. It exhibits more intelligence and a better memory than any other creature on earth except man.

Porpoises are less playful than dolphins and rarely leap out of the water, nor do they follow boats as often as dolphins. Porpoises have more streamlined faces than dolphins, having blunt snouts and lacking the "beak" or "bottle nose" of the dolphin. The porpoise's back fin is small and fairly square while the dorsal fin of the dolphin curves backward to a point. However, the two names are used interchangeably.

Whales and dugongs have meat that resembles beef and the meat is used much the same way. Dolphins, seals, and sea otters come under the same category. Whale meat is a dark red color resembling beef, but is tough. It is especially delicious cut in long strips and barbecued over an open fire or patio barbecue and also makes very good steaks.

- \* The Australian sea lion which is confined to the coast of South Australia is said to have toxic flesh. The bearded seal (*Erignathus barbatus*) is circumboreal and has a poisonous concentration of vitamin A in its liver. *Circumboreal*, however, pinpoints areas within the Arctic Circle, and not many of us have the desire to fish or dive in this region, much less to bother with the liver of a bearded seal. Other mammals in cold climates have been reported poisonous to man for the same reason as the bearded seal—poisonous concentrations of vitamin A in their livers and kidneys.



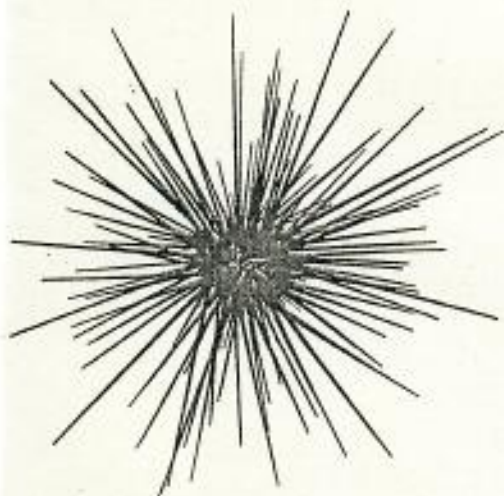
Although the practice of sensible conservation is very important, state departments of fish and game in some areas say that seals and some other mammals on offshore islands are proliferating to the point of overpopulation. The resulting crowded conditions cause the death of many pups who are suffocated when adult seals sit or lie on them, yet the population of these mammals continues to rise. Sea lions breed from October to December, and they are usually quite tame except when defending their pups. The California sea lion (seal) breeds in June and July. Wherever sea lions live near a commercial fishery, they are blamed for damage to both fish and equipment. These animals are unpopular with fishermen even though most varieties of fish they eat are chiefly noncommercial.

Since the sea otters of Northern California have been declared a threatened species, these animals have been enjoying a trouble-free existence. They, too, are proliferating to the point of somewhat decimating the supply of shellfish in the areas where they are abundant. These animals feed mainly on sea urchins, clams, crabs, mussels, abalone, and occasionally on fish and octopus. Sea otters dive to depths of one hundred feet for food and require a great deal of it. It is estimated that they eat about a quarter of their body weight each day or about twenty pounds of food. Sea otters that find state protection and refuge in Monterey Bay, California, are a delight to tourists who can observe them from shore or boat. The otters are seen floating on their backs, pounding shellfish against a rock which they balance on their chests, thus breaking open the shellfish to get the meat inside. An amusing animal to watch, the sea otter's impish face grins at us as he gleefully wipes out the sea urchin and abalone population of Northern California!

6

## *Echinoderms*

The Echinodermata phylum includes some pretty prickly sea creatures. The starfish, sea urchins, brittle stars, sea cucumbers, and sea lilies are



SEA URCHIN



SEA CUCUMBER



SANDDOLLAR



STARFISH

*Echinoderms.*